

## Superfoods

Healthy foods contain special nutrients that your body needs daily so you can grow strong and be free of sickness. Healthy foods are organized into 5 food groups. All foods in a food group have something in common. They all contain the same main nutrient. Every day your body needs the main nutrients from all 5 food groups to stay healthy.

Food Group	Main Nutrient	Health Benefit
1. Vegetables	Vitamin A	Vitamin A helps your eyes and skin stay healthy.
2. Fruits	Vitamin C	Vitamin C helps your body heal when you get hurt.
3. Grains	B-vitamins	B-vitamins help give you energy to play.
4. Dairy	Calcium	Calcium helps keep your teeth and bones strong.
5. Protein	Protein	Protein helps your muscles be strong.

In each food group, there are many healthy food choices. While all choices in a food group are helpful to the body, there are some foods that are very helpful. Many people like to call these foods superfoods because they are super good at what they do. Superfoods are natural foods that are packed full with healthy benefits. They have the power to help the body in many extra ways.

Superfoods are the all-star foods of the 5 food groups. In sports, all-star players are known for being the best at what they do. Superfoods are all-star foods because they can make a very big difference in your health. A healthy diet that includes superfoods can help your body work better, feel better, and fight disease. Superfoods are super good for you.

### Superfoods from the 5 Food Groups

